



BABIES MATTER: REFERRAL DETAILS

The Babies Matter programme aims to support first time parents facing disadvantages as they become parents so that their baby has the best start in life.

The programme lays the foundations for strong parent child relationships by enhancing parental sensitivity and building strong attachment between parent and baby. It is designed for expectant parents and those in their first year of parenting to build confidence, competence and community, enabling babies to thrive. It is a great precursor to the Kids Matter programme (for parents of 2 to 10-year olds) and shares our vision for every child in need to be raised in a strong family.

Babies Matter is made up of 6 group sessions led by a trained peer-facilitator. These sessions involve discussion topics and activities that are about either: 'me, baby, us'. For the wellbeing of the baby, both the individual parent ('me') and the parenting team ('us') need to be to be strong.



The aim of the programme is to:

- Prepare families for the transition to parenthood and strengthen relationships
- Develop secure, loving and consistent attachment
- Increase awareness of parental health and understanding of babies' developmental needs
- Decrease isolation of parents and help develop a supportive network

Invitations and referrals from professionals are one of the best ways of ensuring that the programme is accessible for the families who would most benefit from this input.

Demographic criteria: Parents attending the group must meet / have at least one of the essential criteria

Essential Criteria	Supporting Criteria
Social housing	Single parent
On benefits	Unemployed
Refugee	Isolation
Low educational attainment	Mild mental health difficulties
Concerns raised by social services or key worker (GP, Midwife, Health Visitor etc)	Vulnerable
Court involvement	Bereaved
Known to social services	Functioning alcoholic/narcotics
Care leaver	ESOL (English for Speakers of Other Languages)
Homeless	Domestic violence
Offender / ex-offender	Relative in prison
	Teenage mum

Please turn over for details on how to refer to your local programme.



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We welcome parents-to-be from their 20-week scan onwards and no later than their baby turning 1 years old. The programme is most suited for 1st time parents or those who have experienced difficulties in the early years with previous children. The ideal scenario is for both parents to attend; single parents are encouraged to bring with them an adult who will support them in their parenting journey.

Please consider carefully before referring those with severe mental health difficulties or serious drug / alcohol dependency as signposting to other services may be more beneficial.

To make a referral contact:

Lynette Woodward on 07307 882 340 or by email
familysupport@oakgrovecommunitychurch.co.uk

What to do if you working with a family who don't meet these criteria but who you think would benefit from attending?

We understand that there will be certain cases where these criteria exclude parents who would benefit from attending Babies Matter. These parameters are in place to help health professionals understand who will get the most from programme and the way it has been designed. However, please do contact us if you would like to further discuss a referral that stands out to you and we'd love to work out together what the best route is.

Thank you again for your time.

We're delighted to be working with you to support parents in your community.